

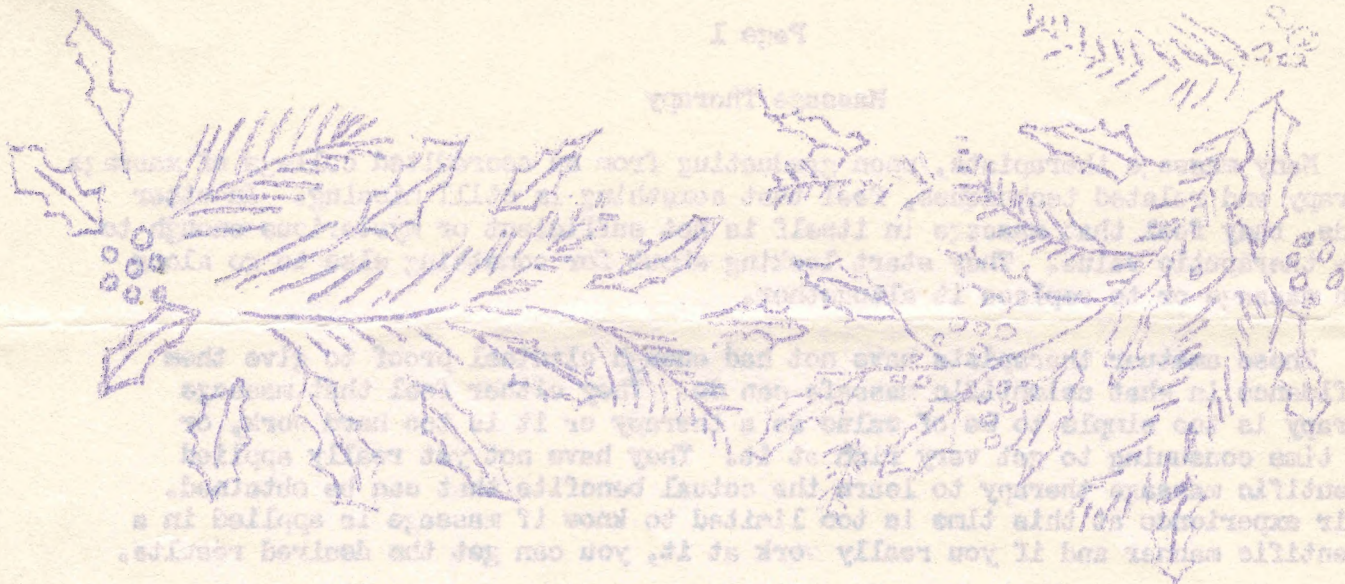
# Washington Massage

# NEWS



Wash. Chapter, American Association Masseurs & Masseuses

John Munnay, Editor January Issue



Happy Christmas  
&  
Happy New Year

Christmas is observed in Bethlehem on December 25 by both Protestants and Roman Catholics; on January 6 by the Greek Orthodox Churches, On January 18 by the Armenians. The grotto like "Cave of the Nativity" is in no way comparable to the modern conception of a "Stable" but in Biblical times smelters for man and beast were hewn in rock ledges - thus the stable of Bethlehem. On Christmas Eve members of all denominations assembled to sing Carols above the birthplace of the Holy Child, and the sound of the singing is most impressive as it floats through the city, borne by the quiet breezes.

"Happy Birthday to you!

Happy Birthday to you!

Happy Birthday, dear Jesus,

Happy Birthday to you!"





# NEWS

## Washington Massage

John Murray, Editor

January Issue

Port Townsend, Washington

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### Massage Therapy

Many massage therapists, upon graduating from an accredited college of massage therapy and related techniques, feel that something is still missing. In other words, they feel that massage in itself is not sufficient or mysterious enough to have therapeutic value. They start looking about for something else to go along with massage or to replace it altogether.

These amateur therapists have not had enough clinical proof to give them confidence in what scientific massage can do. They either feel that massage therapy is too simple to be of value as a therapy or it is too hard work, or too time consuming to get very rich at it. They have not yet really applied scientific massage therapy to learn the actual benefits that can be obtained. Their experience at this time is too limited to know if massage is applied in a scientific manner and if you really work at it, you can get the desired results.

As a result of this kind of thinking, many of our members actually do very little massage, or none at all. The major portion of their treatments come under a variety of therapies as zone therapy, contact therapy, concept therapy, electro therapy, reflexology spinal manipulations and adjustments, to name a few. (I might say here that some therapists I have talked with, feel that they are degrading their techniques by doing anything resembling massage therapy. That's for the "rubbies" they say) They believe in having some electro-gadget do the work, while they have a smoke.

In my experience, as a massage therapist, I have found that nothing replaces the human hand for massage therapy, if it is used scientifically. (I think good massage therapists are born, not made, you have to have the right hand and know how to use them)

Scientific massage can (depending upon what is required) relax and you and your muscle tissue. It can stimulate circulation, reduce hypertension, aid digestion, correct constipation, aid in relief of heart conditions and many other conditions, in a natural way. Nothing can replace the human hand in treating sprains, fractures, convalescents, post operative cases to prevent adhesions (I will add here that nothing can break up adhesions, except surgery, once adhesions are found, although some therapists claim to do it.)

Many spinal conditions will respond to hydro therapy and relaxing massage without need of forced manipulation.

Medical doctors are prescribing more and more scientific massage. It is legal and ethical and acceptable by the State Dept. of Licenses.



Please do not misunderstand me that I am condemning other types of therapy I have used electro and hydro therapy extensively. I have read books on other therapies and believe they have their merits, but a good thorough scientific Swedish massage will cover all the zones and reflexes on the entire body and little if any adjusting is necessary, when you have completed an entire body routine.

Faternally,

Blossom Guntely, R.M.T.

Practical Nurse: One who marries a wealthy patient.

Sympathy is two hearts tugging at one load.

Charles Henry Parkhurst

#### A Prospective College for Massage Therapy

The subject of a prospective college for massage therapy was brought up by President Dunbar, at our October meeting of Seattle local Chapter, some discussion followed.

I have given this subject, on requirements of qualified massage therapists, considerable thought over the past years. I have had several talks with the late Dr. Jennie S. Côtner, on the subject, when she was dean of the Los Angeles College of Physical Therapy. I have talked with managers of conditioning depts. in athletic clubs, physical therapy clinics, hospitals, and medical doctors, that I have worked with or for.

In reviewing my own experience for the past twenty years, I have been practicing massage therapy, or physical therapy. Also my observations of other therapists. I find that the colleges of massage therapy do not go far enough or cover enough subjects to properly qualify a graduate student to step right into a position in a hospital, doctors office, athletic club, or to practice on their own without having to be retrained or have more training. They need more clinical experience preferably with another successful therapists.



It is my opinion that any college teaching a course in massage therapy, should have a qualified massage therapist who is familiar with all methods of massage techniques. Scientific Swedish Massage, Athletic club conditioning massage, reflexology, zone therapy, contact therapy, Russian pressure massage and many others, giving the student the benefits of only the methods that have been clinically proven. Refraining from advocating methods, some therapists may have become enthusiastic about, which have not been clinically proven.

In addition to the present methods of teaching massage therapy and its related techniques, of Hydro therapy, colon therapy and minor manipulations. Anatomy, physiology and hygiene. I think a sufficient amount of time should be given to such subjects as Kinesiology, Neuro anatomy, Endocrinology, psychology, and some pediatrics. To have a good talking knowledge of the subjects at least, in addition, to the above I would add, ethics, technical procedures in practice and general office routines to the curriculum, with this back ground the graduating student will have a pretty fair knowledge of how little he does know, and will be a much better therapist because of that knowledge.

It was agreed by the members present at this meeting that all prospective students for massage therapy training, should be carefully screened, considering educational back ground, character, morals, personality, physical fitness, etc. before acceptance for training.

The prospective college should also be passed upon by the state board of directors, as to its location, curriculum, and qualifications of instructing personnel.

Editor

A Montgomery, Alabama woman, in sending in her income tax, listed the U. S. Government as one of her dependents.

When success turns your head, you're failing failure.  
When prosperity comes do not use all of it. Confucius

The Art of Happiness By Wilfred A. Peterson

You can't pursue happiness and catch it.  
Happiness comes upon you unawares, while you are helping others.

Happiness is like perfume: you can't spray it on other without getting some on yourself.



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Happiness is a state of mind. Lincoln once said, "We are as happy as we make our minds to be."

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At Christmas Time

Christmas means many things to many people. To children it means Christmas trees, toys and Santa Claus. To merchants, it means profits. To the poor, it means a warm coat and a fine meal provided by some welfare agency. To the rest of us, it means the best gifts we can afford, to those we love and from those we love.

Gifts are only tokens or symbols of something far more important. They symbolize a feeling that steals into our hearts at Christmas time. This feeling is usually referred to as the "spirit of Christmas." It is the warm glow which causes us to forgive wrongs, love our enemies and say "Merry Christmas and God Bless you" to friends and strangers alike. Naturally, we reserve our best wishes for our immediate families. Next come the officers, directors and members of Wash. Chapter A. M. T. A. as we work and plan together to promote the welfare and security and knowledge of all of us, we learn to respect, admire and trust each other. We cannot help feeling that our Massage Therapy work and our Association work have drawn us together into one family.

As president of your State Chapter, I wish I could give you some deep and profound message at Christmas time. I feel, however, the only message that has survived the test of time and is still new, after all other messages have long been forgotten, is the true Christmas message, "Glory to God in the Highest, peace on earth to men of good will." Yes, if mankind could constantly feel the good will born of the Christmas spirit, the human race would have peace of mind or "Peace on earth," and we would praise God for the glory of His universe and the glorious experience of living.

Among the partons whom I have had, there is a man I shall long remember because his religious convictions are quite similar to my own. He is a minister or pastor in one of the large church organizations. He has also served as supervisor over the business affairs of that organization in the Inland Empire. In one of my conversations with him I made this statement: "I am not affiliated with any particular church. I attend church only when I feel the need for religious



inspiration and I make my contribution when I attend, just as I would pay admission to a concert. My beliefs are probably not orthodox and would probably shock some church members. I believe the entire sum of the

Chris  
which  
more  
good  
100%  
sir  
were

The tr  
our pr

found a book which deals exclusively with this subject and makes it clear and understandable. It is our most appreciated metaphysical book and the most inspiring. A few minutes or an hour spent in reading this book never fails to put the mind and heart at ease. The title of the book is The Sermon on the Mount. It is written by Emmet Fox and published by Harper & Brothers, Publishers New York, it can be found in good book stores or ordered by them.

Please permit me to close by quoting a statement made by Jesus and recorded by Matthew. "The hour cometh when ye shall neither in this mountain, nor ye at Jerusalem, worship the Father. The hour cometh and now is when the true worshiper shall worship the Father in spirit and in truth, for the Father seeketh such to worship Him. God is Spirit and they that worship Him must worship Him in spirit in truth."

It would seem to me and it has been interpreted that the place of worship is not important, but the sincerity with which we worship, God is important.

A happy holiday season and a successful 1960. That is my wish to all of you.

Faternally,

Pete I. Eitrem, R. M. T.  
Pres. Wash. Chapter